



FURTHER READING

For Healthcare Providers

Overview

- **Dementia prevention, intervention, and care**, The Lancet Commissions. July 20, 2017.
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- **Lifestyle Intervention Slows Cognitive Decline in Randomized Trial**, Sue Hughes. March 11, 2015.
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- **Reducing Risk of Dementia in Older Age**, Behnam Sabayan. May 16, 2017.
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- **Mind Your Risks**, National Institutes of Health. January 15, 2016.
mindyourrisks.nih.gov/healthcare_professional.html

Physical Activity

- **Exercise Prescriptions in Older Adults**, Lee et al. April 1, 2017.
www.aafp.org/afp/2017/0401/p425.html
- **Behavior Change with Fitness Technology in Sedentary Adults: A Review of the Evidence for Increasing Physical Activity**, AN Sullivan and ME Lachman. January 11, 2017.
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Healthy Eating

- **New MIND Diet May Significantly Protect Against Alzheimer's Disease**, Nancy DiFiore, March 16, 2015.
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- **The 6 Dietary Tips Patients Need to Hear From Their Clinicians**, Naveed Saleh. June 29, 2017.
www.medscape.com/viewarticle/882156
- **For Professionals: Talk to Your Patients & Clients About Healthy Eating Patterns**, Dietary Guidelines for Americans 2015-2020.
health.gov/dietaryguidelines/2015/resources/DGA_Conversation-Starters.pdf

Leisure Activities

- **Social Isolation – How to Help Patients be Less Lonely**, Roger Henderson. December 28, 2016.
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- **Study strengthens evidence that cognitive activity can reduce dementia risk**, Todd Datz and Terri Ogan. August 24, 2016.
www.hsph.harvard.edu/news/press-releases/cognitive-activity-dementia-risk-blacker/